

## Easy Veggies Help Keep Weight Loss On Track

(NAPSA)—Bob Greene declares one of the goals of his best-selling book “The Best Life Diet” is to get dieters to eat more vegetables because, simply put, vegetables are one of the best foods to include as part of an overall healthy diet for weight loss and good health.

While the USDA recommends five to 13 half cup servings of vegetables and fruits a day depending on calorie needs, that goal may seem nearly impossible to many. Greene suggests getting creative by roasting vegetables, cooking them in flavorful broth, or serving them with a splash of olive oil and seasoning. Any meal can benefit from a touch more veggies as an appetizer, side or addition to soup, pasta or protein.

“I recommend keeping frozen and canned vegetables like Green Giant on hand,” said Bob Greene. “Beyond convenience, they also look and taste as wonderful as their fresh counterparts, and frozen vegetables are just as nutritious as fresh.”

Vegetables are one of the best sources of disease-fighting nutrients, and the healthy bonus for those trying to lose weight is that they have fiber and are water rich, so they can help fill you up on fewer calories.

Start your day with this Best-Life approved Spinach and Cheese Omelet and you'll be well on your way to meeting your day's veggie and calorie goals. One serving delivers 160 calories and provides 19 grams of protein. For more



Best Life Diet-approved meal ideas and tips, visit [www.eatbetteramerica.com/bestlife](http://www.eatbetteramerica.com/bestlife).

### Spinach and Cheese Omelets

*Prep Time: 20 Minutes*

*Start to Finish: 20 Minutes*

**1 box (9 oz) Green Giant® frozen spinach**

**¼ cup chopped drained roasted red bell peppers (from a jar)**

**2 teaspoons olive oil**

**2 cartons (8 oz each) fat-free egg product (2 cups)**

**½ cup shredded Gruyère cheese (2 oz)**

**Coarse ground black pepper**

**1. Microwave spinach as directed on box; drain well. Place in small bowl; stir in roasted peppers. Set aside.**

**2. In 10-inch nonstick skillet, heat 1 teaspoon of the oil over medium heat. Pour 1 carton egg product into skillet; cook 2 to 3 minutes or until set but still moist on top, lifting edges occasionally to allow uncooked egg product to flow to bottom of skillet.**

**3. Top 1 side of cooked egg product with half of the cheese and half of the spinach mixture. With pancake turner, loosen edge of omelet and fold other half over filling. Remove from heat; cover and let stand about 1 minute or until cheese is melted. Remove omelet from skillet.**

**4. Repeat with remaining oil, egg product, cheese and spinach mixture. Sprinkle each omelet with pepper. To serve, cut each omelet in half.**

**4 servings**

**1 Serving:** Calories 160 (Calories from Fat 70); Total Fat 7g (Saturated Fat 3g); Cholesterol 15mg; Sodium 320mg; Total Carbohydrate 5g (Dietary Fiber 3g); Protein 19g; **% Daily Value:** Vitamin A 130%; Vitamin C 15%; Calcium 25%; Iron 20%; **Exchanges:** ½ Other Carbohydrate, 2½ Very Lean Meat, 1 Fat; **Carbohydrate Choices:** ½